

Sheffield Healthy Schools Programme – Example Outcomes

HS Theme	Qualitative Outcomes	Quantitative Outcomes
PSHE	<ul style="list-style-type: none"> ➤ As a result of.....young People now report that they enjoy PSHE Lessons ➤ As a result of.....young People report having a range of knowledge around alcohol and keeping safe ➤ As a result of.....teachers report feeling competent to deliver SRE 	<ul style="list-style-type: none"> ➤ As a result ofthere has been an increase of % of young people attending the drop in ➤ As a result of.....there has been a decrease in reported numbers of young people smoking and an increase in numbers desiring to quit ➤ As a result of.....there has been and increase in % of pupils who say they feel involved in decision making in school
Healthy Eating	<ul style="list-style-type: none"> ➤ As a result of the breakfast club, attendance, punctuality and readiness for learning have improved ➤ As a result of.....lunchtime supervisors report improved behaviour and atmosphere in the dining room ➤ As a result of.....pupils report knowing what a balanced diet is and how it contributes to healthy lifestyles 	<ul style="list-style-type: none"> ➤ As a result of.....there has been a % increase of pupils bring healthier lunch boxes following consultation with parents ➤ As a result of.....there has been an increase in % of pupils taking school meals ➤ As a result of.....there has been an increase in % of pupils eating more pieces of fruit and vegetables a day
Physical Activity	<ul style="list-style-type: none"> ➤ As a result of.....staff report more confidence and competence in planning and delivering physical activity lessons ➤ As a result of.....pupils and lunch time supervisors report greater physical activity during break and lunch time since new equipment was purchased ➤ As a result of.....pupils report that they have contributed to developing a range of physical 	<ul style="list-style-type: none"> ➤ Since the development of a travel plan % of pupils walking to school at least once a week has increased ➤ As a result of.....10% of pupils and 50% staff attend physical activity at school once a week, eg wake and shake, Freddie fit ➤ As a result of morning physical activity club, eg Freddie fit, wake and shake, staff report an increase of % of pupils who are attending,

	<p>activity eg girls requesting dance and this activity being delivered.</p> <p>➤</p>	<p>punctual and ready to learn</p>
<p>Emotional Health & Well Being</p>	<ul style="list-style-type: none"> ➤ As a result of.....pupils report that their experience of the playground is positive (eg, safe, friendly, happy, things to do) ➤ As a result of.....Pupils and staff report that they look forward to coming to school ➤ As a result of SEAL pupils report that they understand how to deal with feelings (e, anger and anxiety) in times of stress 	<ul style="list-style-type: none"> ➤ As a result of.....there has been an increase in pupils reporting satisfaction with how an incident of bullying has been dealt with ➤ As a result of.....there has been an increase in % of pupils reporting they know who they can talk to in school about a problem ➤ As a result of.....there has been an increase of pupils who express satisfaction with how a problem they have raised has been resolved